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NUTS -- VICTORY FOOD SPECIAL

cop. Ruth Van Deman, Bureau of Home Economics, and Wallace Kadderly, Radio Service, U.S.D.A. Broadcast in the Department of Agriculture portion of the National Farm and Home Hour, Monday, November 9, 1942, over stations associated with the Blue Network.

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ANNOUNCER: And now we'll hear from Ruth Van Deman and Wallace Kadderly, of the United States Department of Agriculture, reporting on the current Victory Food Specials. Walnuts, filberts, almonds, pecans. Sounds like good news!

Beginning now -- November nine,
On dishes made of nuts we'll dine!

How about it, Wallace?

KADDERLY: Right you are.

The "Special" season's just begun,
It ends November twenty-one.

RUTH VAN DEMAN: Wallace, what's happened to you and Mr. Jenkins?

KADDERLY: We're celebrating. Because nuts are a Victory Food Special -- from now on through November twenty-first.

VAN DEMAN: So I've gathered.

KADDERLY: That means nuts are plentiful. And if they're plentiful, we'll have some mighty good things to eat. Specifically -- chocolate cake, with English walnuts. And -- Well, chocolate cake with English walnuts.

VAN DEMAN: What you need is variety in your nut dishes. I'd like to see you try Nut Rolls, Nut Cookies, Nut Bread, Nut Shortbread, Orange Nut Bread -- made with orange marmalade.

KADDERLY: Are you trying to get my mind off English walnut cake?

VAN DEMAN: Not at all. I'm only trying to broaden your culinary interests -- for your own good.

KADDERLY: But look here, Ruth. The nut crop this year -- walnuts, almonds, filberts, and pecans -- is estimated at the near-record figure of 300 million pounds. And half the crop is English walnuts.

VAN DEMAN: I'm glad to hear it. And I understand we'll have even more than usual, because the export market has been shut off.

KADDERLY: Yes, that's true. Before the war, we were exporting around 13 million pounds a year -- of walnuts and other nuts. . . Ruth, aren't nuts a good food to keep in mind for Share the Meat days?

(over)

VAN DEMAN: They are. An excellent food. Nuts contain both protein and fat. They're good sources of some of the vitamins, and minerals. But they're a highly concentrated food. Remember that. Use them as part of the menu -- not as something added, after a hearty meal. You see, Wallace, there are other ways to use nuts, besides in that cake you're so fond of.

KADDERLY: So I'm beginning to see. Frankly, I've always thought of nuts as something to put in desserts -- or something to finish off with, after dinner.

VAN DEMAN: I know. From soup -- to nuts. But nowadays, when we want to get full value from all our food, we'll be using more nuts in main dishes. For example -- in Croquettes, Nut Loaf, Nut and Potato Cakes.

KADDERLY: That sounds good.

VAN DEMAN: Nut and Potato Cakes are good. And easy to make. Use either sweet or white potatoes. Mash, season, add a cup of chopped nuts, and brown the cakes on both sides in a little fat. If the cakes are made of white potatoes, they're especially appetizing with a cheese and tomato sauce.

KADDERLY: Do you have a recipe?

VAN DEMAN: There's a recipe in a leaflet I've mentioned before, "Nuts and Ways to Use Them." Another good main dish is "Pecan and Rice Loaf." Made of cooked rice, vegetable seasonings, chopped nuts, bread crumbs, and beaten egg. Nuts are good in so many ways -- it's hard to know when to stop. In salads, sandwich fillings, poultry stuffing. But I won't give any more suggestions, because I'm sure any homemaker would rather read them for herself, in "Nuts and Ways to Use Them."

KADDERLY: Well, speaking of ways to use them -- you haven't forgotten the Christmas box for the boys at camp?

VAN DEMAN: Indeed I haven't! This morning I called up a friend in the Quartermaster Corps, to ask about suitable gifts to put in the box from home. And he assured me that for the boys in camp, in this country -- such old-fashioned favorites as Nut Brittle and salted Nuts would be very well received. Of course they should be well packed, in moisture-proof containers.

KADDERLY: Personally, I can't think of a better way to use a Victory Food Special. Put 'em in the Christmas box you send "the Smiths and the Jones, the Kellys and the Cohens" -- at camp in the U.S.A. Are the recipes, for Nut Brittle and so on, in the leaflet you mentioned?

VAN DEMAN: Yes -- all the recipes I mentioned -- and quite a few I didn't have time for, are in "Nuts and Ways to Use Them."

KADDERLY: And to get a copy send your name and address to the U. S. Department of Agriculture, Washington, D. C.

